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# Food Safety ...on the RUN

If you eat on the run or purchase ready-to-serve foods,  
you depend on others to handle food safely.

To protect yourself against the risk of food poisoning,  
consider these fast facts on food safety.

When grabbing a bite that's right, it's better to be safe than sorry!

## **Packing a safe bite**

Store your lunch in a cool bag until mealtime; if refrigeration is not available, consider the next two tips.

Use insulated containers or freeze water in used 35mm canisters or other leak-free containers to keep lunches cold.

Pack a small can of juice if it has been frozen overnight. Both chill your lunch and become a part of the meal.

Wash fresh fruit and vegetables well before packing.

## **Buying a safe bite**

- Make sure "hot foods" are piping hot and "cold foods" are refrigerator cold when bought from vending machines or food outlets.
- Check the "Best before..." date on products such as milk, yogurt and cheese, to ensure freshness.
- Select wholesome-looking foods; those with mould, discolouration, a musty or abnormal smell shouldn't be purchased or eaten.
- Consider the general appearance of food outlets; dirty utensils, messy tables, unkempt uniforms, etc., can be signs of poor food handling practices.
- Check to see whether a sneeze-guard panel is used at the service counter of cafeterias and salad bars to protect foods from floating germs.

## **Eating a safe bite**

- Wipe lids of canned fruit juices, puddings and soups if you are going to consume contents directly from cans.
- Avoid eating or even tasting foods from cans that are badly dented, bulging or leaking as well as those which, when opened, appear bubbly or spurt out their contents.
- Send back ground meat, poultry and pork if they are not well cooked.
- Wash your hands thoroughly before eating and

*...enjoy  
your bite!*





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# *Mangez... sur le pouce... en toute sécurité!*

Quand vous mangez sur le pouce ou que vous achetez des aliments prêts à servir,  
votre sécurité est entre les mains des autres.

Afin de vous protéger contre le risque de toxi-infection alimentaire,  
veuillez considérer ces quelques points importants.

On peut bien manger même sur le pouce, mais il vaut mieux prévenir que guérir.

## *Pour emballer un goûter en toute sécurité*

- Conservez votre goûter dans un endroit frais jusqu'à l'heure du repas; si vous ne pouvez pas le réfrigérer, considérez les deux suggestions suivantes.
- Utilisez des contenants isolants ou congelez de l'eau dans des cartouches pour film 35mm ou autres contenants étanches pour garder le goûter froid.
- Ajoutez à votre goûter une petite boîte de jus de fruits congelé pour refroidir vos aliments, et en même temps, servir de boisson lors du repas.
- Lavez bien les fruits et les légumes frais avant de les emballer.

## *Pour acheter un goûter en toute sécurité*

- Assurez-vous que les aliments chauds sont bien chauds et les aliments froids bien froids, à la distributrice ou au casse-croûte.
- Vérifiez la date de fraîcheur «meilleur avant...» sur les produits tels que le lait, le yogourt et le fromage.
- Choisissez des aliments à l'aspect sain; évitez d'acheter ceux qui sont décolorés, moisis, ou qui ont une odeur de moisi.
- Observez l'aspect général des lieux : des ustensiles, des tables et des uniformes d'une propreté douteuse sont des indices de négligence dans la manipulation des aliments.
- Au comptoir de service et au comptoir des salades, vérifiez la présence d'un dispositif pour protéger les aliments des bactéries en suspension.

## *Pour déguster un goûter en toute sécurité*

- Lavez le couvercle des boîtes de jus de fruits, de pouding et de soupe si vous mangez directement dans celles-ci.
- Évitez de manger ou même de goûter des aliments provenant de boîtes qui sont bosselées, gonflées ou qui coulent, et dont le contenu fait des bulles ou jaillit lorsqu'on les ouvre.
- Refusez la viande hachée, la volaille et le porc s'ils ne sont pas bien cuits, par exemple la viande dans les hamburgers ne devrait pas être rose.
- Lavez-vous soigneusement les mains avant de manger et

*...bon  
appétit!*



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